

Schedule Subject to Change



Aquatic Schedule
Effective November 1, 2021
Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:15 am	Aqua Aerobics Maria	Aqua Motion Maria	Aqua Dynamics Cathy	Aqua Aerobics Cathy	Aqua Motion Jill	Aqua Aerobics Dawna	
9:30 – 10:15	Aqua Motion Annette	Aqua Aerobics Erika		Aqua Motion Erika	Aqua Aerobics Maria	Aqua Dynamics Dawna	
10:00 – 10:45			Aqua Zumba Jill				
11:00-11:45			MS Aqua Tom		MS Aqua Emily		
12:00-1:30 pm						*Special Rec. Swim Training	
4:30 – 5:15			Aqua Aerobics Dawna				
5:30 – 6:15	Aqua Zumba Dawna						
6:00 – 6:45 pm		Aqua Dynamics Erika		Aqua Aerobics Maria			

Therapy Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:00	Senior Aqua Erika		Senior Aqua Tom				
10:15 – 11:00				Arthritis Aqua / Tom	Senior Aqua Lauren		
10:45 – 11:30	Wet Program Emily		Wet Program Erika				
12:00-12:45 pm	Wet Program Maria		Wet Program Maria		Wet Program Maria		
12:30 – 1:15		Wet Program Erika		Wet Program Erika			
7:00 – 7:45 pm		Arthritis Aqua Jill		Wet Program Maria			

➤ **Attention Swimmers: One lap lane available during Aqua classes**

➤ **Birthday Swim Parties held on Saturdays & Sundays between Hours of 1:00-5:00 p.m. *Please check front desk for schedule***

***Special Rec. Swim Training – Dec. 4 - March 12, 2022**

Aquatic Schedule available online at www.OPHFC.com